

445TH AIRLIFT WING SAFETY SAMPLER

Although the information and recommendations contained in this document have been compiled from sources believed to be reliable, the 445th AW Safety Office makes no guarantee of completeness of such information or recommendations. Other or additional safety measures may be required under particular circumstances. Comments, contributions and feedback are invited.

MAY SAFETY MEETINGS

ORM WORK PLACE LEVEL TRAINING. Unit Training available upon request

NEWCOMERS SAFETY BRIEFING. UTA Saturdays, Building 4010, Commander's Conference Room 1300-1400.

UNIT SAFETY REPRESENTATIVE MEETING. Building 4010, Safety Office, Room 118, UTA Saturday at 0900.

SUPERVISOR'S SAFETY TRAINING. UTA Sundays at 1300-1500 in Bldg 4010 Auditorium.

FLIGHT SAFETY MEETING. UTA Sunday, 10:00, Bldg 4014, Auditorium

WORKER LEVEL ORM TRAINING STATUS (Personnel Trained as of 14 Apr)

87	89	356	AES	AGS	ASTS	CES	COM	CLSS	HQ	LSS	MAINT	MSS
160	113	118	153	92	156	92	11	137	40	6	126	50

MED OSF SFS

23	22	53	1202
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SUPERVISORY ORM TRAINING STATUS

87	89	356	AES	AGS	ASTS	CES	COM	CLSS	HQ	LSS	MAINT
	1	1	17	7				2	1	6	29

MED MSS OSF

3	1	1
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TOTAL: 1229 or 68% of 1842 445 AW Personnel

445TH AIRLIFT WING FY 99 INJURY STATISTICS (as of 29 Apr 99)

FIRST AID INJURIES:	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP
	3	1	2	6	2	4	1					

LOST TIME INJURIES:	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP
	0	0	0	1	0	0	0					

TOTAL NUMBER OF INJURIES: 19

AVERAGE AGE OF INJURED PERSON: 35

SEX OF INJURED PERSON: 17 Males, 2 Females

TYPE INJURY: 5 Strains, 2 Sprains, 7 Laceration, 1 Dislocation, 3 Bruise, 1 Splinter

BODY PART INJURED: 3 Finger, 1 Shoulder, 1 Neck, 1 Thumb, 4 Back, 2 Arm, 1 Knee, 1 Leg, 2 Abdomen, 2 Elbow, 1 Eye

APRIL INJURIES

Strap from back pack hit eye

FY 99 SQUADRON INJURY TOTALS

MAINT	AGS	HQ	AES	APS	ASTS	CLSS	AES
7	6	1	1	1	1	1	1

RECENT SAFETY FINDINGS WITHIN THE 445TH WORK AREAS

No ventilation in paint storage room
Electrical outlet next to shower not equipped with GFCI
Electrical equipment not certified for use in paint spray area
Forced air breathing pump not inspected monthly
Solvent tank not properly electrically grounded
No written respirator safety plan available in work place
No PPE written plan available in work place

INTERNET SITES OF INTEREST

WPAFB Current Weather <http://tgs7.nws.noaa.gov/weather/current//KFFO/html>
WPAFB 5-Day Weather Outlook <http://weather.wpafb.af.mil>
WPAFB Severe Weather Info http://weather.wpafb.af.mil/wpafb_severe_wx.htm
Ohio Highway Conditions Up-To-Date <http://www.dot.state.oh.us>
Wind Chill Calculator <http://weather.wpafb.af.mil/88ws/winter/windchillF.htm>
Cold Weather Information <http://129.48.18.200/cold.htm>
Wind Chill Chart <http://weather.wpafb.af.mil/images/wchill2.gif>
WPAFB Heat Stress Chart <http://129.48.18.200/heat.htm>
Severe Weather Briefing <http://www.nssl.noaa.gov/~nws/safety.html>
Lightning Safety Information <http://www.prazen.com/cori/litfacts.html>
Auto Safety Information Web Site <http://www.mrtraffic.com>
Military Safety Video Free Rental <http://www.redstone.army.mil/davis/>
Anthrax and Hep Shot Information <http://www-afia.saia.af.mil/TIG/library/9806.pdf>

MAY WEATHER STATISTICS FOR DAYTON, OHIO

Average High Temperature.....72 Degrees F
Average Low Temperature.....51 Degrees F

Average Precipitation.....3.8 Inches
Average Snowfall.....Trace
Average Wet Days.....12
Average Thunderstorm Days.....6
Percentage Of Clear Sky Days.....22%
Percentage Of Overcast Sky Days.....42%
Average PM Relative Humidity.....52%
Average Dew Point.....49 Degrees F
Average Wind Speed.....11.5 MPH
Record Monthly High.....92 Degrees F
Record Monthly Low.....27 Degrees F

Tornado and Thunderstorm Safety

<http://www.twisters.com>

<http://www.nssl.noaa.gov/~nws/safety.html#tornado>

SAFETY PROGRAM INFORMATION

<http://www.safetyinfo.com>

This site has safety posters, safety briefings, written safety programs, inspection checklists, access for running a safety program.

HOW TO HANDLE STORM DAMAGE TO YOUR HOME

<http://www.askthebuilder.com/cgi-bin/column?999>

HOW TO TORNADO PROOF YOUR HOME

<http://www.cincinow.com/specials/twister/tim.shtml>

AFTER A STORM HITS AND INSPECTING YOUR DAMAGED PROPERTY

As every situation is different, this is not concrete advice. Do not let emotions overtake common sense and logic; ruggedly; heavy boots, gloves, hard hat and other safety equipment to provide adequate protection.

1. Expect the unexpected. Have someone with you when you inspect your house for structural damage.
2. If you see fallen or sagging electrical wires, assume that they are “live” and call authorities.
3. To prevent fire and explosions, do not smoke, do not use candles, lanterns or other open flames in the house.
4. Check the outside of the house for loose power lines and gas leaks. Call authorities if you do.
5. Check the foundation for cracks; examine porch roofs and overhangs. Look for gaps between the steps and t are missing, the floor is probably not safe. Call a contractor before going in.
6. Don’t go inside if you see standing water next to the outside walls. The building might not be structurally sou

7. If you suspect a gas leak, leave the house and call the utility company. If the gas meter is outside, turn off the parallel to the pipe, the gas is on. To turn it off, turn the valve 90 degrees (a quarter turn) so the valve is perpendicular to the pipe.
8. Even if your street has no power, make sure the supply to your house is disconnected, so it won't come on with power.
9. If you have to step into water to get to your electrical box, call an electrician. Otherwise, pull the fuse box handle. If you have circuit breaker boxes, push all circuit breakers to OFF. To prevent power surges to electrical appliances, make sure they are unplugged.
10. Don't try to make dangerous or structural repairs yourself. Be careful to move any debris that may be supporting the roof.
11. Don't throw anything away until photographed. Save it for the insurance adjuster.
12. Drape plastic to collect rain water and divert it to buckets.
13. Remove valuables to a safe location.
14. Take hundreds of photographs to document everything. Photos and video will be beneficial. You might be asked to provide photos of carpet or upholstery.
15. Make a list of damages to the house or your belongings. Records will be needed for insurance claims, application for disaster relief, and tax deductions.
16. Records should include receipts for materials, labor, equipment rental and other storm related expenses. You will need to itemize losses properly.
17. Ask someone to sign your record as a witness.
18. Some appliances, furniture and flooring may have to be discarded. Call local trash haulers for items too big for the curb.
19. FEMA's hot line for Federal assistance (800) 462-9029. The FEMA website is <http://www.fema.gov>. Go to "Home" for more information.
20. Local utilities must be called to restore service to your property once turned off.
21. Depending on the temperature in your house, much of the food in your refrigerator will spoil in 4 to 6 hours and longer the food will stay cold. Remember to use pans to catch melting ice.
22. A full freezer will keep food frozen for two days without power. Use dry ice if power will be off for an extended period.
23. Discard thawed food that rises to room temperature and remains there longer than two hours.
24. Before examining a water-damaged appliance, unplug it and shut off power at the circuit breaker box. Even if a professional has to have it checked by a certified technician.

SAFETY TIPS OF THE MONTH

<http://www.mcclellan.af.mil/938EIS/safetips/safetips.htm>

DON'T HAVE THE FISH (AT LEAST FROM THE OHIO RIVER)

The Ohio Department of Health has released what fish can and cannot be eaten when caught in the Ohio River. Dioxin, polychlorinated biphenyls) and other suspected cancer causing agents, the following recommendations are;

Channel catfish over 17 inches and common carp, DO NOT EAT.

Largemouth, smallmouth and spotted bass and sauger, can be eaten weekly.

Freshwater drum, white and hybrid striped bass, can be eaten monthly.

Flathead catfish, can be eaten every other month.

Channel catfish under 17 inches can be eaten at a serving of 8 ounces six times a year for a person weighing 150 pounds. Pregnant women and children under six should not eat channel catfish.

As in past years, the Ohio River is still not deemed safe for swimming.

For more information, call (614) 644-6447 in Ohio, (317) 233-7207 in Indiana, and (502) 564-7181 in Kentucky.

SAFETY FOOD FOR THOUGH

We learn from mistakes more than successes.

77% of our mental thoughts are negative.

Reprimand privately, recognize publicly.

Do something 21 times and it becomes a habit.

We can only motivate ourselves.

Incentives and rewards are detrimental to self-motivation.

For every 300 unsafe acts, there are 29 minor injuries and one major injury.

Source: E. Scott Geller, Ph.d., Professor of Psychology, Virginia Tech

HEART ATTACK INFORMATION

In 1996, the median age for the average American worker was 38.2. In 2006, it is expected to be 40.6. As age in some career fields, such as fire fighting, more than half of all on-the-job fatalities were due to heart attacks.

4,100 Americans have heart attacks each day or 600,000 annually. Of those, 250,000 die within the first hour of detection and treatment can save a heart attack victim. Most symptoms are mild and overlooked which leads to a heart attack.

Some early symptoms are:

1. Central chest discomfort best described as an ache, pressure, tightness, squeezing or burning sensation or a feeling of fullness.
2. Discomfort comes on with activity and is relieved by rest.
3. Discomfort can persist for hours or days prior to a heart attack.
4. Discomfort increases in frequency and intensity over time.

Late symptoms are:

1. Chest pain or any pain/tightness above the navel (the usual comparisons are the weight of an elephant's foot, a heavy bag of cement, or a tight belt).
2. Pain in arm, chest, throat, jaw and back.
3. Numbness.
4. Shortness of breath for more than a couple of seconds.
5. Nausea for more than a couple of seconds and vomiting.
6. Weakness.
7. Pallor.
8. Sweating profusely.
9. Unconscious.

When a person experiences any of the above symptoms, it is best to call 911 and seek immediate medical treatment. Tell the person who is suffering any of the above symptoms and relay this information to medical help when they arrive.

1. Where do you feel the pain? (location)
2. What does it feel like? (quality)
3. How long does it last? (duration)
4. When did it begin? (chronology)
5. What were you doing when it started? (aggravating/alleviating factors)
6. Are there any other symptoms? (associated findings)
7. Have you tried anything and has it helped? (treatment sought and effect)

What not to do for heart attack victims:

1. Wait until the next day before seeking medical help.
2. Have the individual driven to the hospital by a co-worker or a spouse.
3. Go to the Emergency Room and wait in line to be seen.
4. Call his or her family doctor.
5. Make an appointment with the family doctor for a couple of days later.
6. Ignore the pain.

Source: Industrial Safety & Hygiene

PRODUCT AND FOOD RECALLS

Complete listing of recalls.. <http://www.ConsumerReports.org>

Consumer Product Safety..... <http://www.cpsc.gov>

Consumer Safety Pubs..... <http://www.cpsc.gov/cpscpub/prerel/prerel.html>

Food Recalls..... <http://www.fsis.usda.gov/OA/news/xrecalls.htm>

The following products have been recalled by the manufacturer. Contact the manufacturer, dealer, or place of purchase for more information.

'99 Oldsmobile Intrigue Coolant could leak onto hot exhaust manifold and cause fire. Models: 2,732 cars, with dealer install heater-hose clip.

'96-97 Saturn Z Horn assembly could overheat and cause fire under hood. Also, horn could fail or go on unexpectedly. What to do: Have dealer replace horn assembly.

'95 Buick Regal, Chevrolet Lumina, Oldsmobile Cutlass, Pontiac Grand Prix Center-rear safety belt might not latch properly. Models: 111,470 cars made 11/94-1/95. What to do: Have dealer replace safety-belt assembly.

'98-99 Volvo V70 station wagon Tailpipe may extend too far beyond rear bumper, posing hazard to anyone exiting from third-row seat. Models: 50,835 station wagons made 1/97-10/98. What to do: Check tailpipe length.

'92-97 Ford Aerostar Electrical short in accessory power circuit could cause fire. Also, electrical connection at battery could short out, resulting in power loss and fire. Models: 887,000 '92-97 models made 5/8/91-8/22/97 and 29,000 '94-95 models. Dealer will install relaying wiring harness on '92-97 models, and fuse jumper harness on '94-95 models.

'98 Isuzu Amigo Sunroof sun shade could fall and strike occupant. Models: 5,361 sport-utility vehicles made 1 shade holder, reapply adhesive, and rebond to sunroof.

Mickey Mouse electric waffle iron Poses fire and electrocution hazards. Products: 1,300 chrome and black waffle irons sold at Wal-Mart, Target, Home Depot, and specialty kitchen and department stores for about \$60. Opening hinged lid reveals Mickey's face on cover. "Vitantonio Premier Mickey's Waffler © The Walt Disney Co." appears on metallic label on handle. Only models with serial number from 17001000 to 17002661 or 46006022 to 46006524 are being recalled. Model and serial number are stamped on bottom of handle. "Vitantonio . . . Made in U.S.A . . . UL 43G5 Listed. " What to do: Call 800 935-2394 to learn how to get \$70 gift certificate. Vitantonio, a former Disney licensee, is out of business. Other styles of Vitantonio "Mickey" waffle irons aren't being recalled.

Nikon Nikonos SB-103 underwater electronic camera flash unit Gas could build up and make front lens and other units, or speedlights, sold 11/84-10/94 for about \$350. What to do: Call 800 645-6687 for SB-105 replacement fl

Girls' fleece bathrobes sold at Limited Too stores Could flame up if ignited, a violation of federal safety standard through 14, sold 9/98-12/98 or \$60 to \$64. Robes came in violet, teal, and plaid. Front-wrap robes have shawl collar trim around front opening and collar. "Limited Too . . . 100% Polyester . . . Made in Sri Lanka" is on label. Ivory recalled. What to do: Return robe to store for refund or exchange. For information, call 800 934-4497.

Marine-type 12-volt batteries Could explode and cause chemical and heat burns and lacerations. Products: 11,000 batteries, designed for use in boats and as auxiliary power source in mobile homes and recreation names include "Action Pack," "Centennial Battery," "Pro-Guide," "Sea Volt," "Trojan," and others. Only batteries Suspect batteries bear one of following designations stamped on positive post of battery terminal: I01, I04, I12, I battery to store for replacement. For information, call Trojan Battery at 800 568-9889.

Rheem electric furnaces and air handlers Heating element could disintegrate, and molten particles could be ejected. Products: 135,000 units sold 8/92-12/95 by heating, ventilation, and air-conditioning dealers for about \$600 to \$900. Installations, including models RBEA, UBEA, WBEA, and WBEMA electric furnaces and models RBHA, UBHA, and WBHA air handlers, are subject to recall. Affected models have date code between 3592 and 4595. First two numbers specify week of manufacture; last letter "M" in serial number. Model designation and serial number are on plate on front of unit. Units have sheet-steel cabinet, 35 inches long and 22 inches deep; width ranges from 14 to 24 1/2 inches, depending on model. Cabinet houses combustion gas controls, mechanical controls, and air filter. What to do: Call 877 749-6035 toll-free. Rheem will provide replacement blowers.

Extension cords Pose fire and electrocution hazard. Products: Nearly 1 million white extension cords, 6, 9, 12, N.J., N.Y., and Texas for \$1 to \$2. "SPT-2 . . . 18AWGX2C . . . 60 . . . C" is imprinted in black on each cord. Co "HOUSEHOLD EXTENSION CORD . . . SPT-2 . . . MADE IN CHINA." What to do: Call Consumer Product ! on returning cord to distributor, Wellmax International, for refund.

Cosco model M tubular metal cribs Mattress could be squeezed between bars on underlying platform, allowing child to become trapped. Products: 62,000 cribs made 7/94-9/97 and sold for up to \$150. "M" is third character in model number, stamped in various colors including red, white, mixed primary, and mixed pastels. "Cosco" is on label and mattress. What to do: Call Cosco at 800 221-6736 for help in identifying suspect mattress and to receive \$25 check toward purchase of 1/4-inch board under mattress to eliminate hazard.

VeggieTales' Dave and the Giant Pickle play set Figures pose choking hazard for young children. Products: 4 asparagus, grape, gourds, French peas, pickle, sheep, and tents, sold 9/98-2/99 at Christian bookstores and by catalog. Base that could come out, and French peas figure poses choking hazard because of size and shape. Toys came in no video. Product number SPCN 9834501358 appears under UPC code on back of box. What to do: Call 800 743-2

Jewel scented candles sold at Body Shop stores Glass pot could explode, cutting anyone nearby, and decorative Products: 25,000 candles sold 9/98-12/98 for about \$10. Candles are about 3 inches high and came in two fragrances of former version has purple resin covering; latter has red resin covering. Tiny glass-headed decorative beads are embedded in resin. Sticker on bottom of candle says "THE BODY SHOP." What to do: Return candle to Body Shop.

Nike Little Air Jordan XIV infants' and children's sneakers Paint in red trim contains lead, toxic if ingested. 2C to 10C, sold 1/99-3/99 for about \$40. "JORDAN" appears on outside of tongue. Model number 132549 102 i What to do: Return sneakers to store for replacement or store credit.

Nighthawk and Lifesaver carbon-monoxide detectors Might not warn of presence of deadly gas. Products: 6 and 350,000 Lifesaver detectors, models 9CO-1 and 9CO-1C, made 6/1/97-1/31/98. Detectors sold for \$20 to \$50. "Carbon Monoxide Alarm" on front (those with "Carbon Monoxide Detector" on front are not being recalled). Lifesaver detectors have "Carbon Monoxide Detector" on front. Date of manufacture is on back (year, month, and day in Nighthawk models; day, month, and year in Lifesaver models). Fuel-burning appliances can leak odorless, colorless carbon monoxide gas. Symptoms of poisoning include headache, dizziness, and drowsiness. Exposure to high levels can cause death. What to do: Call 888 543-3346 toll-free to arrange for replacement.

Elpac AC adapters for Kodak digital cameras If connector plug isn't fully seated in camera, batteries in camera can overheat. Products: 120,000 plug-in AC adapters sold 3/96-8/98 for \$40 to \$80. Adapters, made by Elpac Electronics, bear model number on adapter) and were sold separately as accessories for Kodak camera models DC25, DC40, DC50, and DC120. Models 2534 and M42008 have Underwriters Laboratories (UL) label. What to do: Call 888 404-3711 toll-free for replacement adapter.

To report an automotive safety related problem or to seek further information, consumers can contact the National Highway Traffic Safety Administration at 1-800-424-9393 or <http://www.nhtsa.dot.gov>. The U.S. Consumer Product Safety Commission Hotline is 1-800-638-2774. The Reducing Radon Risk # is 1-800-767-7236. The American Lung Association's # is 1-800-557-2366. The EPA's Lead Hotline is 1-800-424-5323.



Navy Mishap summaries can be obtained on the internet at:

<http://www-afsc.saia.af.mil/AFSC/RDBMS/Ground/navysum.html>

SUMMER ORM

Summer in Ohio...this phrase conjures up images of barbecues, volleyball, swimming, and fun in the sun. Summer is the time to take advantage of good weather and to take a break from the often-relentless pace and pressures of the mission for just a few moments to relax with family, friends, and other unit members. But...the pleasant imagery of this "fun in the sun" scene lurk many hazards; some are minor, others catastrophic.

Last summer, we experienced numerous mishaps during the 101 Critical Days of Summer. So, this summer we will implement the Operational Risk Management (ORM) concept in our off-duty activities as well as at work. You should consider in the ORM concept just as on-duty operations do. So, as we plan these summer events, we should conduct our military operations...Risk Management.

IDENTIFY THE HAZARDS

Lets look at the hazards associated with a simple picnic:

- Weather (heat, thunderstorms, wind, and humidity).
- Location (near water, desert, forest, urban).
- Wildlife (bugs, snakes, poisonous plants, and other friendly critters).
- Activities (water activities, sports, mountain climbing, and games).
- Attendees (military, family members, children, open to the public).
- Menu (barbecue, store-bought, cooked on site, refrigeration, **alcohol**).
- Many others, situation-dependent.

ASSESS THE RISK

Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries and damage due to severe weather, sunburn, etc.
- Incidents involving water, heat injuries, dehydration, POVs, etc.
- Animal bites, insect-borne diseases, skin irritations, and bothersome pests.
- Drownings, sprains, broken bones, overexertion, slips, trips & falls, etc.
- Relative health of attendees, allergic reactions.
- Food poisoning, barbecue burns, flammable liquids, increased susceptibility to heat injury due to alcohol consumption.

ANALYZE RISK CONTROL MEASURES

Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Start with a good, thorough safety briefing to all participants. (You know how your spouse and kids enjoy your safety briefings)
- Check the weather and plan accordingly. Don't take chances with summer thunderstorms. Plan for shady areas and cover in case of inclement weather. Insist on the use of suntan lotion and hats.
- Make sure people don't wander off into the water, woods or the desert.
- Use insect repellent. Get familiar with the type of local critters you may encounter and what you should do if one shows up. Talk to the medical folks about this.
- Ensure sports are played by the rules and are supervised.
- If alcoholic beverages are present (and they usually are), watch drinkers for signs of overindulgence.
- Watch young children closely.
- Consider elderly people or anyone with known pre-existing medical conditions.
- Know the rules of safe barbecuing and follow them. Have a fire extinguisher handy.
- Be careful of food, particularly meats; ensure they are continuously refrigerated prior to cooking, and that they are cooked thoroughly. Pre-cook chicken if possible.

MAKE CONTROL DECISIONS

Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

RISK CONTROL IMPLEMENTATION

Once you select appropriate controls, use them! A plan is only good if it is followed.

SUPERVISE AND REVIEW

As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun memorable, and safe. No one wants a summer outing to turn into a tragedy!

LAWN AND GARDEN CARE Hidden Hazards



The U.S. Consumer Product Safety Commission (CPSC) reminds consumers to practice safety and common sense when working in their yards and gardens. About 230,000 people each year are treated in hospital emergency rooms for injuries relating to various lawn and garden tools. Each year, about 75 people are killed and about 20,000 are injured on or near riding lawnmowers and garden tractors. One out of every five deaths involves a child. CPSC estimates that most of the deaths to children occurred when a child was in the path of a moving mower. "We want to do everything possible to prevent you and your family from becoming one of these statistics," said CPSC Chairman Ann Brown. "Part of our job is to make sure that the lawn and garden equipment consumers use is safe, but consumers must do their part to care for their own safety."

Take the following precautions to prevent injuries from lawn and garden equipment:

1. Be sure you know how to operate the equipment.
2. Know where the controls are and what they do.
3. Don't remove or disable guards or other safety devices.
4. Dress appropriately for the job. This includes:



- a. Sturdy shoes with slip-resistant rubber soles.
 - b. Long pants and long-sleeved shirts.
 - c. Close fitting clothes.
 - d. Eye protection
 - e. Heavy gloves
 - f. Hearing protection when needed.
 - g. No jewelry, which can get caught in moving parts.
5. Before starting, walk around the area in which you will be working to remove any objects like sticks, glass, metal, wire and stones that could cause injury or damage equipment
 6. Never take a child for a ride on a garden tractor or riding mower.
 7. Keep children indoors and supervised at all times when any outdoor power equipment is being used. Young children move quickly and are attracted to mowing activity.

8. Never assume children will remain where you last saw them.
9. Be alert and turn off the mower if children enter the mowing area.
10. Use extra care when backing up or going around corners, shrubs, trees or other obstacles.
11. Never work with electric power tools in wet or damp conditions.
12. For protection against electrocution, use a ground fault circuit interrupter (GFCI). GFCIs come in several models, including a portable plug-in type.
13. Be sure that extension cords are in good condition, are rated for outdoor use, and are the proper gauge for the electrical current capacity of the tool.
14. Before making adjustments or clearing jams near moving parts, unplug electric tools and disconnect spark plug wires on gasoline-powered tools.
15. Be sure that power tools are turned off and made inoperable if they must be left unattended. This will help prevent use by children.



16. Handle gasoline carefully. Remember never to fill gas tanks while machinery is operating or when equipment is still hot. Wipe up spills. Store gas in an approved container away from the house. Finally, never smoke or use any type of flame around gasoline.



"It's all about you and your family"

by MSgt Mike Foldhazi
15 AF/SEG
Travis AFB, CA



The **"Year of the Family"** is a great opportunity to begin implementing risk management at home. The best way to ensure the safety of your loved ones is to teach them to identify the hazards, assess the risks, and make decisions that will have an impact on the safe outcome of family activities.

When you manage risk, you give yourself and your loved ones another birthday, another anniversary, another laugh, another hug, another chance, another precious family moment!

Risk management has to be a part of your everyday life, especially during your off duty family activities. **Are you doing everything you can to manage the risk for you and your family as you go about your personal activities?**

Remember, every time you cross the street, drive your car, or cut the grass, you are applying risk management. Managing risk is easy and the right thing to do, it starts with you identifying the hazards, assessing the risks, and making decisions that ensure a safe family event.

When it comes to the safety of your family, YOU and your loved ones have to manage the risk.

The bottom line:

"IT'S ALL ABOUT YOU AND YOUR FAMILY!"

FATIGUE

By Wayne Taylor, USA

HQ 21 ACSPER

The National Highway Traffic Administration estimates that up to 240,000 accidents are related to fatigue.

A recent survey indicated that 25% of drivers have fallen asleep while driving. Like driving under the influence of alcohol, being drowsy impairs driving ability.

If you are drowsy, you can fall asleep for up to five seconds and not know it (these are called micro-sleeps).

Many people (30-50%) do not get enough sleep:

- If you are getting enough sleep, you don't need an alarm clock.
- If you sleep later on weekends, you need more sleep during the week.
- If you doze off while sitting up, you are not getting enough sleep.

Here are some danger signs to be aware of while driving:

- You make a conscious effort to keep your eyes open.
- You want to prop your head up.
- You can't stop yawning.
- You don't remember driving the last few miles.
- You keep drifting from your lane.
- You have wandering, disconnected thoughts.

If you experience any of these, symptoms pull off the road and find a safe place to take a nap.

Courtesy of Maine Bureau of Motor Vehicles



10 Commandments of Safety

1. **Thou shalt know what to do in an emergency.** Make sure you cover fire and emergency evacuation procedures. Tell workers whom to call and how to sound the alarm. Walk them through two different escape routes and show them the meeting point.
2. **Thou shalt obey established rules, procedures, and safety signs.** Make it clear that failure to do so is inviting a mishap. Emphasize your commitment to safety and point out that, if necessary, rules will be enforced through progressive discipline.
3. **Thou shalt wear all required personal protective equipment (PPE).** Go over the PPE that's required, as well as the hazards this equipment will protect against. Then communicate that the employee is expected to: Wear it right, Wear it every time, With no excuses.
4. **Thou shalt handle hazardous materials according to instructions.** Discuss specific substances employees are using and go over the labels and MSDSs. Cover the hazards, PPE, safe handling procedures, and emergency procedures in case of a spill. This training is vital for new employees and whenever new substances come into the workplace. Spot checks are also effective.
5. **Thou shalt operate equipment correctly.** Employees should only use equipment for which they've been trained and authorized. They should never take it upon themselves to maintain or repair equipment unless they've been expressly trained and authorized to do so. Instructions should be followed exactly, including no gloves or jewelry around machinery and exact compliance with lockout/tagout procedures.

6. **Thou shalt avoid taking safety risks.** Make it clear that it is never acceptable for employees to take shortcuts, ignore near misses, or engage in horseplay. The cost of these actions can put their own lives at risk.
7. **Thou shalt remove, repair, or report safety hazards as soon as possible.** Emphasize that everyone has a personal responsibility to correct safety problems. Communicate that you expect employees to respond immediately to hazards.
8. **Thou shalt report mishaps promptly.** Make sure employees know: What steps must be taken to report mishaps; what emergency numbers to call for help; and the location and phone number of the mishap. They should also be able to describe what happened.
9. **Thou shalt contribute to work zone safety.** Individual work areas must be kept neat and clean, and all employees should help keep common areas free from clutter and other housekeeping hazards that could result in a mishap.
10. **Thou shalt take training seriously.** Safety training is an important and ongoing process. Expect it whenever new processes or procedures are introduced, and whenever safety performance needs refreshing.



Pool Rules

for Children and Swimming

The National Safety Council estimates that 1,000 drowning deaths occur each year. Unfortunately, many of the victims are children who wandered away from an adult's supervision and into a nearby pool. In fact, drowning is the second-leading cause of injury-related death in children.



You can help keep kids safe in the water by following these pool rules:

- Never leave your child alone or near water. Children have been known to drown in as little as an inch of water.
- Always use approved flotation devices rather than inflatable toys. However, never rely on such devices 100 percent of the time or let them take the place of close supervision. These devices also give children a false sense of security in the water.
- Remove toys from in and around the pool when they're not in use. Toys, such as beach balls and floats, can attract your children to a pool.
- Surround pools with a fence or wall that is at least four-foot high. Avoid chain-link fences, which children could easily climb over, or fences with vertical bars, which children could slip through. Fences should also be self-closing, self-latching, and out of a child's reach.
- Keep a first-aid kit and a phone nearby in case of emergency. Take a course in rescue breathing and CPR.



Source: 53rd AW/Safety Office Ramstein AFB

SAFETY SHORTS

A COLLECTION OF HUMOROUS, REAL LIFE, SAFETY RELATED SHORT STORIES

In March stories by Knight-Ridder news service (in Honduras) and The Wall Street Journal (in Russia), the latest U.S. disaster relief efforts were revealed to be rife with ill-conceived aid. Honduran hurricane victims still need cooking utensils and medicine but are receiving old clothes, cans of largely unappreciated foods like artichoke hearts, and items like microwave popcorn, dog food and dental floss. Food commodities donated for starving Russians tend to lower the prices of similar Russian food, angering farmers, and, even so, the American food usually winds up being sold on the street rather than given to the poor.

In March, Cairo, Egypt, school superintendent Maryann Maurice, 57, was jailed for illegal street begging; she said she earned about \$150 a day, the same amount the school paid her monthly. Also in March, retired Russian army Col. Dmitry Setrakov, 69, was arrested after a brief standoff at a downtown Moscow bank; he had pulled a shotgun in an unsuccessful attempt to withdraw about \$22,000 from his own account, which, like nearly everyone else's, is frozen. And the London Daily Telegraph reported in March that Russian soldiers in Chechnya had sold off at least 100 of their colleagues to the other side for as little as \$17 each; the Chechens ransom the Russian soldiers back to their families.

Among the reasons given by an unidentified Buffalo, N.Y., police officer in February in his request for full disability pay based on psychological injury was his having walked into a stationhouse in 1997 to find other officers celebrating an Easter Sunday mass. According to the officer's lawyer, visualizing the stationhouse now causes him such emotional turmoil that he is not able to perform his duties.

Bruce Charles Davis, 36, explaining in November to an employee of a U.S. Bank branch in Sacramento, Calif., why he had just robbed the place: "I only wanted to teach you a lesson. I want a job in bank security." Davis would have been more plausible had he not already had five bank robbery convictions and another one pending.

Leo Koskela, 62, was rescued in Gresham, Ore., in November after being trapped underneath a train. According to police, he was standing between two tracks and was hit by a slow-moving westbound train that dragged him 15 feet before he broke free, but then fell into the path of a slow-moving eastbound train that dragged him 18 feet, thus leaving him in just about his original position.

In February, David Ibrahim filed a lawsuit in San Diego against several law enforcement agencies for \$125,000 to cover the inconvenience and humiliation he suffered when jailed for seven days when police discovered methamphetamines in the gas tank of his Dodge Ram truck. Eventually, authorities came to realize that the meth had been placed in the truck by a drug dealer before the Drug Enforcement

Administration seized it in a raid, but that DEA failed to find the stash before Ibrahim bought the truck at auction. (On the other hand, police got a search warrant for Ibrahim's home, based on their truck stash, and in a startling coincidence found 93 grams of methamphetamine that did not come from the truck.)

Turf 'n' Surf: Sergio Gutierrez, 22, was rescued by farmers near Santa Rosa, Calif., in December after his tractor-trailer collided with an exceptionally large bear and spun out of control. Gutierrez was thrown from the cab, but the truck slid toward him and a door ripped open, spilling the huge cargo of frozen mackerel on top of him. <P>

News of the Weird reported in October 1998 on the on-the-job death by snake bite of serpent-handling preacher John W. (Punkin) Brown Jr. Because Brown's wife died three years earlier (also of a snake bite during services in Kentucky), the Browns' three children were objects of a custody fight between the two sets of grandparents. In February 1999, the wife's parents won primary custody, in a Newport, Tenn., hearing, in part because Mr. Brown's parents had allegedly violated an earlier court order never to take the children to a snake-handling church.

In March, the Seattle Police Department ordered the 26 employees in its fingerprint unit to attend a mandatory, half-hour safety class in how to sit down. Recently, three of the unit's employees had filed worker compensation claim injuries that occurred as they were attempting to sit in chairs with rollers. The proper technique, according to an internal memo, is, "Take hold of the arms and get control of the chair before sitting down."

Only in California: In March, the Jane Lathrop Stanford Middle School in Palo Alto began offering sushi (a vegetarian version, wrapped in seaweed) in its lunchroom on Wednesdays.

Law-Abiding Citizens

Constable Carol Hashimoto told the Edmonton Journal in January that she had recently ministered to, over the phone, a man who was severely guilt-racked that he had driven home to Valleyview, Alberta, four hours away, without his driver's license, which he had accidentally left in an Edmonton hotel room. And in Charlotte, N.C., at his February sentencing for laundering money others had taken in a robbery, John Calvin Hodge Sr., 69, revealed that indeed he declared his \$40,000 laundering fee on his IRS return and had paid the tax on it.

William L. Straiter, 26, was arrested in Durham, N.C., in December and charged with robbing the Centura Bank. The robber had presented a teller with a note demanding money and containing a finely detailed drawing of a gun, but Straiter did not actually have a gun and was not charged with armed robbery. However, Terry Williams, 23, was arrested in Oakland, Calif., in March after a road-rage collision in which he allegedly clasped his empty hands as if he had a gun, pointed at the other driver and yelled "Bang!" The prosecutor charged Williams with making a terrorism threat, in that his gesture would likely "provoke a retaliatory response from someone with a weapon."

The Nuclear Regulatory Commission announced in February that it would scale back its terrorist-combating safety inspections of nuclear power plants, despite the fact that the companies fail inspections about half the time and that 14 of 57 inspections since 1991, the breaches have been so severe that terrorists could have caused a core meltdown. (Furthermore, in each inspection, the power company even knew the exact date of the "surprise" inspection, although it did not know exactly what area or tactic the NRC would use to test the plant's security.)

In November, the mayor of South Gate, Calif., adjacent to Los Angeles, proposed an ordinance banning the color "wild orange, rose, lavender and turquoise" on houses. One resident said he'd paint over his colorful house only if the mayor had a good reason, "like if cars were crashing into each other because the drivers were looking at (my house). Or if it hurt people's eyes." However, in January, the Joliet (Ill.) City Council passed an ordinance requiring builders to make houses less boring by mixing up their aesthetic features and colors. Said City Councilor Joseph Shetina, who supported the ordinance because too many row houses look alike: "(Y)ou go home drunk, and you'd never know whose house was yours."

In October, Washington State Ferries, over the protests of left-behind travelers, announced it would cut back the number of walk-on customers it would accept between Vashon Island and Seattle from 250 to 230 because of insufficient bench seating. The benches' 250-capacity was determined by the 50-year-old standard of 18 inches per person, but according to spokeswoman Susan Harris-Heuther, "It's just not realistic. We have all expanded, and 18-inch butts are a thing of the past."

A February Associated Press report described the 18-point, government-designed tests that injured Israeli housewives must fail before they can be granted disability payments. A medical exam by itself can prove disability for any other occupation, but married female homemakers (men and single women are not eligible for disabled-homemaker status) must step into a simulated home and, in front of three officials, show that they cannot wash or iron laundry, mop the floor or slice bread, among other tasks.

While the IRS Has Become Kinder and Gentler: In December, the Hungarian parliament created a special tax-collection unit to go after recalcitrant citizens and which will be equipped with cattle prods, Mace and handcuffs. And in

In separate incidents over a 48-hour period in March, a fuming Spring Hill, Tenn., man fired about 90 rounds from an AK-47 point-blank into his car alongside a major highway after it died on him, and another man was turned down at the courthouse in Knoxville, Tenn., when he applied for a marriage license to make his 1996 Mustang his bride, following a depressing split with his girlfriend. <P>

In December, the Kirkwood, Mo., home of Dennis and Bonnie Miller suffered extensive fire damage when the turkey they tried to deep-fry on a grill for Christmas burned a hole in the pot and ignited a propane cylinder. And in February, Canadian fugitive Allen Charles Whitequill, 42, on the lam for two years on murder charges, was captured in Carrizozo, N.M., during a burglary when he attempted to cook a frozen turkey in an office microwave oven. (He badly undercooked it and became sick, and when he sought a restroom, he accidentally locked the door behind him and could not get out before police arrived.)

Charlie Smith, 45, told authorities in Austin, Texas, in February that he might plead guilty to crimes in connection with a yearlong series of scams that bilked people out of more than \$1 million, but that he wanted people to know he wasn't a bad person. He told the Austin American-Statesman that his nearly lifelong urge to rip people off traces back to a day in 1969 when his car slipped off of the jack while he was working on it, landing on him, cracking his skull and changing him morally.

Recent Explanations: Richard Davis, 51, defending his bankruptcy filing in London, England, in March, said it was a nasal decongestant by Novartis Pharmaceuticals that made him extravagant and irrational. And Gregory DeLozier, 35, explaining the attempted murder charge against him in Trenton, N.J., said in January that it was the sediment from a bottle of iced tea he drank that produced the weird side effects that made him stab his wife. And in January, inmate (and former gardener) James R. Moore, 64, tried to get his 1962 Rochester, N.Y., murder conviction overturned, pointing out that it was his exposure to the insecticide dieldrin that made him lose his head and commit the murder.

In March, the city of Yenshui, Taiwan, held a fireworks show to commemorate stamping out the plague bacteria by fire more than 100 years ago. Villagers wearing bulky, protective clothing stand in front of the fireworks, which this year consisted of bottle rockets, hoping to be hit by the missiles, which would bring good luck. Apparently, some of the rockets exploded only after being propelled into the bulky clothing, creating serious injuries to about 30 lucky people.

A supermarket customer was shot to death in New Orleans in December, allegedly by the boyfriend of a cashier; police believe he responded to the cashier's call for help because the rowdy customer was in the express line with more than 10 items. And a 22-year-old Northfield, N.H., man was arrested in January and charged with shooting his 26-year-old brother to death in a fight that began when the older brother objected to the younger's opening a bag of potato chips by cutting it instead of pulling it apart.

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